

2021 Lake Cumberland Polar Plunge to Benefit Special Olympics Kentucky

Nancy, KY

March 13, 2021

COVID-19 CONSIDERATIONS

It is our every intention to hold the annual Lake Cumberland Polar Plunge in order to support Special Olympics Kentucky athletes across the state. Please keep the following in mind as we move closer to the event:

- Adherence to state and local restrictions and social distancing guidelines is required.
- The health, safety and security of participants, athletes, staff and volunteers must always be the most important factor.

Please be patient and understanding as we work through these challenging times to create a fun, exciting, successful event supporting Special Olympics Kentucky.

ADJUSTMENTS MADE TO EVENT OPERATIONS

- Masks are required and are to be provided by participants. Participants may remove their masks only while Plunging.
- We will limit the number of people on site at one time, to ensure social distancing. This means teams will have a staggered check-in and Plunge time, then be asked to exit the Plunge area. Please pay close attention to your emails as we get nearer to the event. That is how we will communicate the schedule.
- We will have clearly marked entry and exit points, to ensure a safe, uninhibited flow of traffic. Please abide by all signage.
- We will split the Plunge into multiple sessions. Please show up at the beginning of your session time. Upon arrival, please head to the check-in tables, where you will receive your wristband, t-shirt, and towel (if you raise over \$300), and then make your way over to the Plunging area.
- To limit the amount of time people spend at check-in, there will be **NO BORROWING AND LENDING OF DONATIONS ON PLUNGE DAY!** If you have “team donations” that need to be applied to a specific Plunger on your team, or if you wish to lend some of your funds to a team member to allow them to Plunge, please touch base with Taylor or Hannah at 502-695-8222 in advance of the Plunge.
- There will be dots on the ground showing 6-feet of separation to aid in social distancing. Please use these dots as a guide and stay distant!
- You may enter the Plunge line as a team, but only TWO PEOPLE may enter the water at a time. Please be patient as we work our way through Plungers to ensure everyone’s safety!
- Individual changing areas for Polar Plunge participants will be available to allow for sanitation between uses. Only one person allowed in each houseboat changing room at a time.
- There will not be a traditional “opening ceremony” to ensure for maximum social distancing. However, all teams are encouraged to wear costumes/outfits as usual! Best costumes will earn the annual “Golden Plunger” award!

Should we have any changes or additional safety measures to put in place, we will update this document accordingly.

